

Flu and Pregnancy

Swine (novel H1N1) flu is a new influenza virus strain spreading around the world and causing illness in much the same way as the seasonal flu viruses we see in Wyoming every year. Flu spreads through coughing, sneezing and touching contaminated objects. Symptoms include fever, cough, sore throat, body aches, headaches and fatigue, and sometimes diarrhea and vomiting. Pregnant women who get any type of flu, including swine (novel H1N1) flu, are at high risk for serious complications.



Pregnant women need flu vaccines:

- ✓ Vaccines are the single most effective weapon we have to fight flu.
- ✓ If you are pregnant, you should get vaccinated against BOTH swine (novel H1N1) flu and seasonal flu to help protect yourself AND your unborn child.
- ✓ Influenza vaccines are safe for pregnant women and their unborn babies at any stage of pregnancy. They have a proven track record of safety. Novel H1N1 vaccine is essentially no different.
- ✓ Talk to your doctor about getting a flu shot.

What else can you do to slow the spread of flu:

- ✓ Stay home from work, school or travel while ill with flu-like symptoms. If you are severely ill (such as having trouble breathing), you should seek medical care.
- ✓ Wash your hands often and well with soap and water or use an alcohol-based hand sanitizer.
- ✓ Cover your nose and mouth with a tissue or your sleeve when coughing or sneezing, and immediately throw used tissues in a trash can.
- ✓ Avoid close contact with ill persons.

What to do if you get the flu while pregnant:

- ✓ If you have flu-like symptoms, including fever, contact your doctor for treatment advice.
- ✓ If you have close contact with someone who is sick with flu, ask your doctor whether you need treatment to reduce your chances of getting the flu.

More information online at www.health.wyo.gov 10/09



Commit to your health.